

**Amendments to the Claims:**

This listing of claims will replace all prior versions of claims in the application:

Listing of Claims:

1. (Original) A processed, ready-to-eat food item comprising a protein source, a fat source and a carbohydrate source, wherein the total carbohydrate content of the food item is greater than about 45% by weight, and the glycemic index of the food item is lower than 50 (71).
- 2-7. (Cancelled)
8. (Previously presented) The food item of claim 1 which does not include a rapidly absorbed carbohydrate.
9. (Previously presented) The food item of claim 1 wherein the carbohydrate content comprises inulin, and does not include a starch.
10. (Previously presented) The food item of claim 8 wherein the carbohydrate content exceeds 50%.
11. (Previously presented) The food item of claim 8 wherein the carbohydrate content exceeds about 55% and the glycemic index is lower than about 40(57).
12. (Previously presented) The food item of claim 11 wherein the glycemic index is less than about 35(50).
13. (Previously presented) The food item of claim 1 wherein the protein source comprises one or more of soy protein, whey protein and casein, or mixtures thereof.

14. (Previously presented) The food item of claim 8 wherein the carbohydrate source comprises one or more of fructose, inulin, barley and cherries, or mixtures thereof.

15. (Currently amended) The food item of claim ~~15~~ 14 comprising a mixture of the following ingredients in the weight percentage range indicated:

Toasted soy pieces	15% to 25%
Inulin	5% to 15%
Toasted barley flakes	5% to 10%
Dried cherries	0% to 10%
Soy nuggets	0% to 5%
Whey isolate	0% to 5%
Calcium caseinate	0% to 5%
Plum Puree	10% to 20%
Almond paste	5% to 20%
Liquid fructose	5% to 20%
Agave nectar	5% to 20%
Glycerine	0% to 10%
Flavour	0% to 5%

16. (New) A processed, ready-to-eat food item suitable for consumption by healthy humans comprising a protein source, a fat source and a carbohydrate source, wherein the total carbohydrate content of the food item is greater than about 45% by weight, and the glycemic index of the food item is lower than 50 (71) as calculated as an area under the curve on a blood glucose graph over time.

17. (New) A method of sustaining blood glucose levels in healthy humans by administering the food item of claim 16.

18. (New) A processed, ready-to-eat food item comprising a protein source, a fat source, a carbohydrate source, and a fiber source, the protein source containing a blend of soy, whey, calcium caseinate, almonds and barley, the fat source containing a blend of almonds, soybeans and barley, the carbohydrate source containing a blend of pureed plums, fructose, barley flakes, soy nuts,

cherries and inulin, and the fiber source containing a blend of inulin, soybeans, almonds, pureed plums, cherries and barley, wherein the total carbohydrate content of the food item is greater than about 45% by weight, and the glycemic index of the food item is lower than 50 (71).